



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Delta Athletes aus Gotha

Total time: 1:50:46

Number: 438

Speed: 15.71 km/h

Running performance: 3:46 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 49 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 16(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.40	8:55	22:17	14	2:36	37	2:50	0.40	8:55	22:17	21		65	2:36
Rad	23.00	1:10:38	3:04	16	19:06	53	24:28	23.40	1:19:33	3:23	21	11:23	65	7:14
Lauf	6.00	31:13	5:12	11	9:29	30	9:29	29.40	1:50:46	3:46	16	26:16	49	30:00